

## **Time Management and Organization of Occupational Schedule of People with Borderline Personality Disorder**

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**Introduction:** Living with borderline personality disorder (BPD) has a major impact on daily living. There's a growing interest for documenting functional impacts of BPD. Some meta-analysis on cognitive profile of BPD show notable difficulties of executive functions, either planning or cognitive flexibility. These functions are essential to organization of occupational schedule and time management. To this day, no study has explored the impact of these deficits on daily living.

**Objective:** The aim of this presentation is to explore time management and organization of occupational schedule as people living with BPD experienced it.

**Method:** This study is based on an interpretive descriptive method. Focus groups including people with BPD were conducted and data were analyzed in order to extract themes related to schedule and time management.

**Results:** Following the qualitative data analysis, eight major themes and 48 sub-themes were identified and placed in relation to scientific writings. These eight themes are: Influence of emotions, Influence of lack of self-confidence, High expectations of themselves, Doing too much or nothing at all, Doings things for others, Difficulty to recognize and respect their limits, Difficulty to adapt to change and Strategies developed. Some ways they have found to cope with symptoms of the disease are often obstacles to their proper functioning in everyday life.

**Conclusion:** This presentation established a concrete picture of BPD regarding time management and organization of occupational schedule. It can help professionals who work with these clients to better understand their organization issues and their occupational challenges.